

## ABSTRACT

A method and liquid compositions for restoring and/or maintaining colon functionality and/or for helping to prevent cancer such as colon cancer. The method 5 consisting in administering to a human being a liquid composition including an effective amount of a non-digestible oligosaccharide, at least one green tea catechin and a buffering agent mixture, said liquid composition being in a pH range of from about 4.7 to about 5.0. A method for making the liquid compositions is also disclosed.

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